

ANNUAL NARRATIVE REPORT

APACHE COUNTY
ARIZONA

DECEMBER 1, 1953

to

NOVEMBER 30, 1954

By

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Home Demonstration Agent

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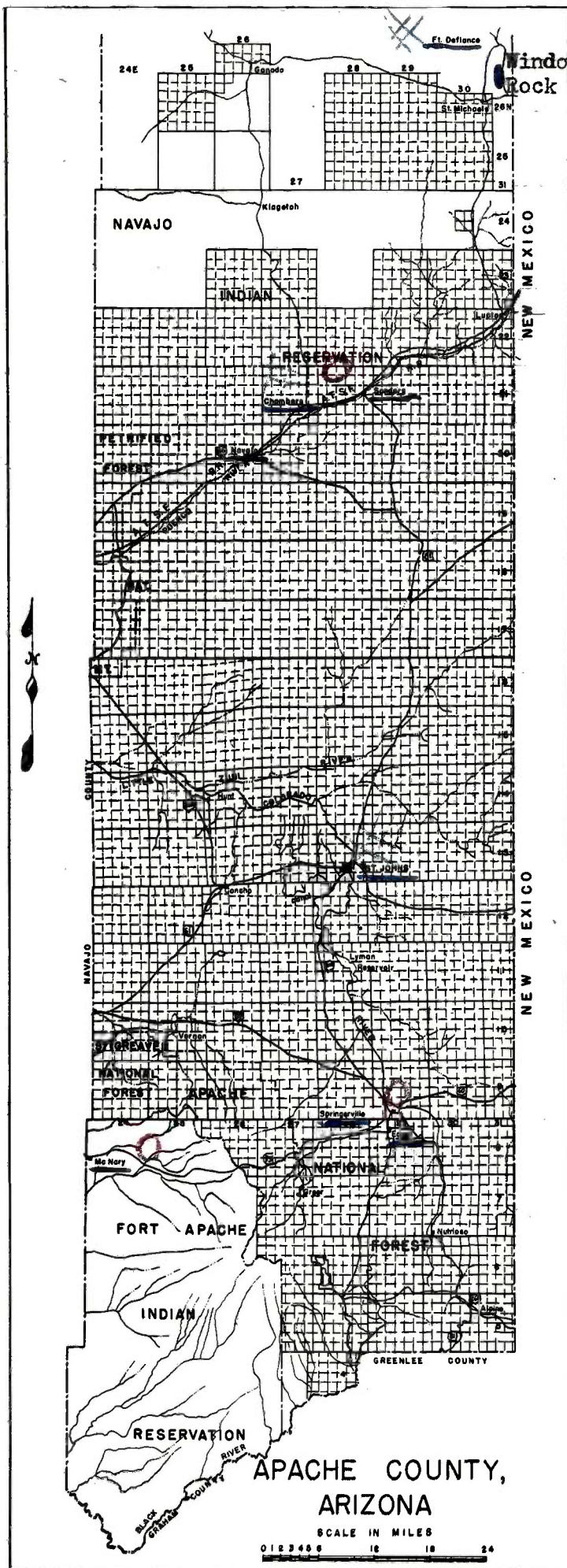
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Mileage from Holbrook

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Eagar **	95
Ft. Defiance *	129
Nutriosos **	111
McNary	63
Sanders	55
Springerville **	93
St. Johns	62
Vernon **	58
Window Rock *	126

* Via Gallup

** Via Showlow

4-H Work

○ Homemakers Clubs

APACHE COUNTY,
ARIZONA

SCALE IN MILES

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

SITUATION

Apache County is located in the northeastern corner of Arizona. It is about 225 miles long from north to south and 50 miles wide. The elevation ranges from 5,000 to 11,000 feet.

The Navajo Indian Reservation covers the northern half of the county while the Ft. Apache Reservation covers the southern quarter. The remaining country is chiefly rangeland with small areas around St. Johns, Springerville, Eagar and Concho irrigated farming. There is some dry land farming near Alpine, Nutrioso and Vernon.

St. Johns, the County Seat, and Springerville are shopping centers for the small scattered communities. The people who live around Chambers and Sanders do their shopping at Gallup and Holbrook. McNary one of the larger towns is the center of the County's lumber industry. McNary people shop in Navajo County at Showlow and Holbrook. Three towns, St. Johns, Eagar and Springerville are incorporated.

Cattle and sheep are the chief agricultural products. Where water is available and the climate suitable, families raise and preserve their own fruits and vegetables.

Income in the White Mountain area, which includes Springerville, Eagar, Greer, Nutrioso and Alpine, is partially derived from tourists who patronize the area in the summer and fall to fish and hunt. Sanders, Chambers and Lupton in the central section of the County along Highway 66 depend on tourist trade, roadwork, mining and railroading for their income.

There are elementary schools in all communities and high schools at Eagar, St. Johns, McNary and Sanders. The elementary schools at St. Johns, Sanders and Eagar have school lunch programs.

There is a small Public Library at Eagar. St. Johns P.T.A. became interested in a library project last year but altogether little progress has been made, the project is still alive.

There are small hospitals at St. Johns and Round Valley (Springerville-Eagar). The Southwest Lumber Company maintains a hospital for employees at McNary. On the Navajo Reservation there are hospitals at Ganado and Ft. Defiance. There is no Public Health nurse. Mr. Joe Chagnon is no longer the County Sanitarian, and there is no one taking his place at the present time.

The L.D.S. Church plays an important part in the success (or lack of it) of the Extension Program in this county. There are seven Wards in the St. Johns Stake - 2 at St. Johns, 2 at Eagar, and one at Vernon, Alpine, and Nutrioso. There is a branch at Chambers. McNary is a branch of the Snowflake Stake. The fact that each Ward takes approximately 100 people to fill the offices has an important bearing on the availability of leadership for the Extension Program.

COUNTY OUTLOOK FOR 1955

General Outlook

The general economic outlook for the County for 1955 is much improved over that of last year. There has been a considerable amount of rainfall, and the rangeland grass has developed better this year than for twenty years. Therefore the cattle situation is nearing normal and an easier state of mind of people is detected.

Homemaker Clubs

The Homemaker Club at McNary is the only club in the county on firm footing. They have elected officers and held frequent meetings, many of them completely on their own.

A club at Round Valley was established this year but without formal organization.

At Sanders there seems to be a complete lack of interest for an Extension Program with the possible exception of the LDS Relief Societies and one local family.

Indian Service

Miss Oleta Merry, Area Supervisor of Home Economics Work on the Navajo Reservation, cooperates closely with the Extension Service. She expects to employ a Home Economist at Chinle so there is a possibility of establishing a few homemaker clubs in that area.

Food Project Work

Foods project work seems to be the most popular of any the Agent has worked with. There is always a good representation of the Homemaker and LDS people at the food project leader training meetings. The women are interested in good nutrition for their families at low cost. They also want new ideas for menus.

In the county where many families raise their own vegetables and fruit, and preserve them, there is a need for education in canning and freezing foods.

Clothing Project Work

The interest in clothing construction work is fairly high in this County but it is doubtful whether the women would respond to protracted meetings on construction work. There are so many calls on their time that the Agent feels that short snappy meetings would be more popular than all inclusive construction meetings.

Home Management

The home management project requested by the Agent for 1955 follows the requests by the homemakers at Program Planning Day, and also works into the LDS Relief Society Program. The Agent expects good interest to be shown in the Home Management Program for 1955.

Community Project

At Program Planning Day the McNary Homemakers suggested carrying a Red Cross First Aid Course as their community project. It is extremely doubtful that the other two clubs in the county will want to carry this project since the Red Cross Chapter for this County is defunked.

The McNary Homemakers have arranged to take the course with an instructor employed by the Southwest Lumber Mills. They have invited the Pinetop Homemakers of Navajo County to join them for the classes.

COUNTY ORGANIZATION OF HOME DEMONSTRATION WORK

County	Number of Communities Carrying Adult Work	Homemaker Clubs		L.D.S.* Groups		Farm Bureaus		Other		L-H
		No.	Enrollment	No.	Enrollment	No.	Enrollment	No.	Enrollment	
Apache	9	3	67	8	362				9	61
Cochise										
Cocconino										
Gila										
Graham										
Greenlee										
Maricopa										
Mohave**										
Pima										
Pinal										
Santa Cruz										
Yavapai										
Yuma										
TOTALS	9	3	67	8	362				9	61

*Latter Day Saints Relief Societies.
 **Includes U.S. Indian Service and LDS Relief Societies which co-operate.

EXTENSION ORGANIZATION AND PLANNING

Homemaker Clubs

Homemaker Clubs provide a way of reaching large numbers of rural women who desire to keep up with the newest information and best methods in homemaking and community life.

Purpose

The goals of Homemaker Clubs are: (1) Development and improvement of the rural woman, her home, and her community. (2) To study and put into practice the best information on various phases of homemaking. (3) To cooperate with the Extension Division of the University of Arizona in making such information available; and, (4) To promote desirable home and community life.

Method

The majority of the women in the rural communities of this County are members of the Latter-Day Saints Church. This church uses all possible leadership in its various programs, therefore the Home Demonstration Agents who have worked in this county have experienced great difficulty in organizing homemaker clubs.

The most important and time consuming program of the church is the Relief Society which carries a program each Tuesday afternoon except during the summer. Because one day each month is devoted to homemaker lessons set up by the church authorities, the women do not feel the need for Extension Service programs.

McNary, Arizona is not a Mormon community. The Homemaker Club there is a successful thriving group which meets every two weeks and carries many programs on its own. The club members have recently welcomed three or four Spanish ladies to their club meetings, and two or three of the women stated that there might be a possibility of establishing a separate club among the Spanish people in the community.

In the Round Valley area of Springerville and Eagar there is some interest in a club and although the Agent has worked very closely with this group, she has been unable to establish formal organization. Mrs. Larna Eagar has replaced Mrs. Jim Colter as the club leader. Mrs. Janice LeForce, a former 4-H Agent, is also very interested in the homemaker organization. It is possible that this group will organize in 1955.

The club at Puerco which includes Sanders, Chambers and Navajo has collapsed. Mrs. Mildred McDonald of Chambers has been very interested in the Extension Program, but she has been unable to keep up the interest among the community women. There is a possibility of a personality clash there.

The club started out this year with Better Dress Making Lessons and the original group of approximately eight women narrowed down to three who completed the course.

The Pest Control meeting that was held in that vicinity had a very large attendance, however the follow-up meeting was only attended by three people.

Mrs. McDonald and two friends attended the meeting on Use Your Pressure Saucepan but they have been unable to get together a group to repeat the meeting.

The Agent felt that if the Specialist presented the meeting on Color Schemes that it might revive interest among the group. But the Relief Society volunteered and the lesson was given in conjunction with their regular meeting and only two or three homemaker members attended. This was the same story when the Room Arrangement Project was repeated by the Agent.

Evaluation

1. The existing clubs in the county need much more help from the Agent on planning and carrying out programs. Part of this past year has been devoted to method demonstration meetings rather than leader training programs. It will be interesting to observe the progress of the clubs in 1955.
2. The Agent has observed that the same women always attend the meetings and take responsibilities for club offices and project leadership. It would help the program to spread out these jobs among the other club members by seeing that the elected project leaders assumed the responsibilities of their positions.
3. The Homemaker Club presents the most ideal methods for disseminating information. The present Homemaker Clubs should be fostered but more work should be done through the Relief Societies. The Relief Societies reach a greater percentage of the women of the county than do the Homemaker Clubs.
4. Homemaker Clubs are cutting across religious barriers and are bringing women of all creeds into a common group.

EXTENSION ORGANIZATION AND PLANNINGL.D.S. Relief Societies

The L.D.S. Relief Societies enroll most of the women in the communities in the county with the exception of McNary and the Indian Reservation. The Societies meet once a week from September to May and each work assignment set up by the church authorities is done. One meeting each month is devoted to a homemaking program. All church groups study the same topics at the same time.

There are seven Wards and one Branch in the St. Johns Stake. McNary is a branch of the Snowflake Stake. Eagar and St. Johns have two Wards. There is a total enrollment of 362 women in the eight Relief Societies of the St. Johns Stake.

The Relief Society Leaders are always sent notices of our leader training meetings. Special invitations were issued to the Relief Societies to participate in Program Planning Day. The women do not see any necessity for meeting with the Extension Service Homemaker representatives, since their LDS programs have been formulated long before hand.

This year the State Leader sent the Agent a list of the LDS lessons to be given in the 1954-55 year. The Agent sent a circular letter to all LDS work leaders offering assistance with these lessons and outlined the bulletins available in the county office which would help them present their lessons. Mrs. Lucille Greenwood and Mrs. Martha Jo Crosby of Eagar, and Mrs. Alice Farnsworth of Sanders have requested bulletins from this office. Mrs. Farnsworth worked with the Extension Service Program in Utah and is very interested in cooperating with this office.

Bulletins

The County Agent mailed cards to all Boxholders in the County asking them to indicate interest in agriculture and home economics material. When the cards indicated interest in homemaking information, The Agent mailed out a circular letter to which was attached a list of bulletins available from this office. Women were asked to request those that interested them. The names of these women were also added to the list that receive the Plentiful Foods Letter which is sent out by the Agent each month.

The Agent also carries with her a kit of bulletins and the women can sign up for those they want to receive. Bulletins are also given out in connection with the project work.

EXTENSION ORGANIZATION AND PLANNINGOfficer and Project Leader Training Meeting Held in Holbrook in February

An officer and project Leader Training meeting is held each year in February to strengthen the club program by training leadership. The Extension program is explained as well as the duties of club officers and leaders.

Purpose

1. Guidance for new leaders and project leaders of Homemaker Clubs.
2. Analysis of general problems of club management.
3. To unite the homemaker clubs of the two counties into a solid unit.

Method

The second annual Officer and Leader Training meeting for Homemaker Club leaders was held in Holbrook on February 3 from 10 A.M. to 3 P.M. Nineteen women were present representing two clubs and the Fort Apache Indian Agency in Navajo County and two clubs in Apache County. Those present from Apache County were: Mrs. Gladys McSpadden; Mrs. Inez Norris, Mrs. Garnet Rooks, Mrs. Clara Burnett, Mrs. Eula Mae Sample and Mrs. Mike Cook.

The excellent attendance at the meeting was due to the excellent reports of last year's meeting given by former officers and to the circular letters and notices which were sent to all representatives regarding the meeting, date, place and subject matter. Miss Jean Stewart, State Home Demonstration Leader, assisted the Agent in planning and conducting the meeting.

The meeting was called to order by the Agent and the women introduced themselves during roll call.

Mrs. Hollis Palmer, a former Public Health Nurse, gave a short talk about her experiences. She pointed out the value of such a nurse to these two northern counties, and she urged the women to petition the Boards of Supervisors to appropriate money for a public health nurse.

The State Leader then gave a history and the purposes of Extension work. The remainder of the morning meeting was devoted to project leader training.

The Agent and State Leader presented a short demonstration entitled "How to Eat Soup". The Agent explained that as two club project leaders, she and the State Leader had been to a training meeting with the Nutrition Specialist who had trained them in table settings, service, and manners. As leaders we had

phosen this small demonstration as being the most interesting to our group, because they had children in 4-H work who would need training in table manners in order to feel secure when they went to state-wide meetings such as Roundup.

An outline of the demonstration was given to the women, the demonstration was presented and a summary was given. The Agent then invited the women to practice the principle during the lunch hour and be prepared to present the same demonstration after lunch. Two women volunteered after lunch and gave a sketchy presentation of the subject matter. This pointed out the need of study of the subject matter and practice of the demonstration.

The women then divided into interest groups for instructions for the presidents and secretaries. The State Leader instructed the group presidents and vice-presidents while the Agent conferred with the secretaries. The project leaders dispersed themselves with either group.

Before the end of the day the group assembled again as a whole and assisted the Agent in planning for Achievement Day.

Evaluation

1. The comments of the women after the meeting were very favorable. They seemed to feel that they learned a great deal about club management.
2. The Agent plans to observe the general effect of club management when she attends meetings this year.

EXTENSION ORGANIZATION AND PLANNING

Bi-County Achievement Day Held May 12

A Homemaker Club Achievement Day was held this spring to climax the Better Dress Project held in Navajo and Apache counties.

Purpose

1. Stimulates interest in the Extension Program.
2. Provides a social gathering of all Homemaker groups with subsequent exchange of ideas.
3. Demonstrates county and individual club project work and results.

Method

The first Achievement Day held in Navajo and Apache Counties was attended by approximately sixty women. The Agent planned this event with the aid of the Holbrook and Snowflake Homemakers in Navajo County. Mrs. C. K. Spaulding, Mrs. Goldie Foster and Mrs. Margaret Bourdon helped plan the program and general organization of the Achievement Day at Snowflake. Assistance was also given by Miss Helen L. Church, Clothing Specialist.

The various Homemaker Clubs were asked to bring exhibits of their project work and also to present a short skit. Since many of the clubs were represented by only two or three people this suggestion was not observed. However, the Snowflake and Holbrook Clubs put on very entertaining skits pertaining to the problems incurred in their Better Dress project. Other entertainment was provided by Mrs. Bessie Ericson of Snowflake who sang a song and Mrs. Louise Levine who gave a reading of one of "O. Henry's stories. After lunch Mrs. Ericson reported on the Board of Supervisors meeting at which the Homemakers and other interested groups proposed that the Board hire a public health nurse to serve the county. Pot luck luncheon was served.

The program was climaxed by the Dress Revue conducted by Miss Helen L. Church, clothing specialist of the University of Arizona. Twenty-one participated in the Revue. This number represented slightly half of those who originally enrolled in the project.

A professional photographer took a picture of the group which was printed in the Holbrook Tribune.

Those attending from Apache County were: Mrs. Willard Thomas, Mrs. E. A. O'Donnell, and Mrs. J. V. Sample, McNary; Mrs. Janice LeForce and Mrs. Elizabeth Colter, Eagar; and, Mrs. Mildred McDonald, Mrs. Gladys McSpadden and Deanna McSpadden of Chambers.

Evaluation

1. The Achievement Day was a goal for the women in finishing their dresses.
2. The large attendance of women outside the Homemaker Clubs stimulated interest.
3. The news article published by the Holbrook Tribune gave wide publicity to the county program.
4. Another year a similar program might be planned for the end of the club year to advertise all the projects carried.

EXTENSION ORGANIZATION AND PLANNING

Program Planning

15 Women from 6 Communities Attend

Bi-County Program Planning Day, September 27 in Holbrook

A program Planning Day is held in order that a group of leaders from all parts of a county and members of the home demonstration staff may meet together to plan cooperatively the home demonstration program.

Purpose

1. A cooperative and democratic selection of a program.
2. To plan a balanced program which meets the needs of the Homemaker Club members of both Navajo and Apache counties.
3. To promote understanding of how the Extension Service can help meet the needs of all rural people.

Method

Advance Planning

Program Planning for the 1955 program begins in August with a circular letter to all Homemaker Club members and L.D.S. Relief Society officers. This letter surveys the projects carried in this area during the last few years, asks leading questions designed to make women think out their problems, and suggests that they make their ideas known to the project leaders so that the program will represent a majority.

Club presidents are then responsible for holding local program planning meetings.

Program Planning Day

Fourteen women from Navajo and Apache Counties attended Bi-County Program Planning Day in Holbrook on September 27. Of this number seven were Homemakers while the rest of the enrollment was Indian Service homemaker club members.

The small registration from the regular homemaker groups might possibly have been due to the fact that there was a typographical error on dates on reminder letters sent from this office. Although the Agent contacted community leaders and asked them to notify people of the correct date.

The meeting was opened with community singing led by the Agent. Since the County Agents were unable to attend this meeting. Mr. Albert McEvoy of the First National Bank of Holbrook talked on the economic outlook for the country and for Navajo and Apache Counties in particular. Mr. McEvoy was especially informative when he talked informally

from his own experiences and also when he answered questions from the group. Miss Jean Stewart, State Home Demonstration Leader, used a flannelgraph to illustrate the various types of families and how they influence the program choices at a meeting such as this.

After lunch the women separated into two groups to discuss the program ideas. After this discussion each group represented got together and repeated the subjects brought up in the discussion group and then chose the two most popular topics under the four main extension programs. The Agent outlined these programs on the blackboard. A vote was not taken but the State Leader noted the number of times individual programs were mentioned by the group in order to get an idea of interest. The programs suggested by the women were very basic and should provide a well-balanced club program during the 1955 club year. Those attending from Apache County were: Thelma Smith, Eula Mae Sample, Minnie Johnson, and Mabel Thomas all of McNary.

Evaluation

The small attendance of Homemaker Club representatives limited the helpfulness of the meeting in obtaining the ideas of a majority. The program choices, however, represented basic problems and should have wide popular appeal. Some of the topics suggested were: Do's and Don'ts in Color and Style, Entertaining at Home, Correct Tools for the Job, Broiler Meals, Simple Repair of Home Equipment, First Aid and Securing a Public Health Nurse.

At the suggestion of the State Leader, the Agent sent out a circular letter to those Homemaker groups not represented at the meeting. All the suggestions were listed and the women were asked to indicate their preferences. A fair sampling was returned and from these the Agent made the requests for the 1955 program.

NUTRITION

Use of Pressure Saucepan Meetings Held in September and October

Agent conducted Leader Training in St. Johns and method demonstration at Round Valley and Eagar.

Purpose

1. To learn to use the pressure saucepan safely in preparing meals every day to save:
 - Cooking Time
 - Food Value - vitamins and minerals
 - Flavor
 - Money by Saving Fuel
2. To know how to correct cooking time for high altitudes. Pressure saucepans shorten cooking times at high altitudes.
3. To learn the many uses of the pressure saucepan, such as cooking less tender cuts of meat, vegetables, and desserts; and sterilizing.

Method

Mrs. Elsie H. Morris, Nutrition Specialist, conferred with the Agent on August 23 and 24 concerning the leader training meetings to be held in September.

The topic chosen at Program Planning Day was "Use of the Broiler and Pressure Saucepan". As the Agent and Mrs. Morris worked on the topic they discovered that there was too much material to be covered in just one meeting and since pressure saucepan cooking at high altitudes presents a problem it was decided to concentrate on this topic. Recipes were chosen for experimentation and leader's guides and report sheets were worked out.

The two days previous to the meeting final experimentation was done as well as shopping for supplies. The day previous to the meeting was used to compile the recipe folders to be given out to the women.

Approximately 90 copies of a circular letter notifying people of these meetings were sent out the first of September. When replies were not received from Round Valley and McNary groups the Agent telephoned club leaders to urge attendance at the meeting. However, neither of these groups was represented at the training meetings.

Miss Evelyn Blanchard, U.S.D.A. Nutritionist from Washington, D. C., was in the county at the same time to confer with Mrs. Morris as well as to observe field work. Miss Blanchard took no part in the meeting but did talk to several of the women about 4-H work.

5 women attended the St. Johns leader training meeting held on September 16.

Arrangements had been made to use the L.D.S. kitchen for the meeting, however the janitor had not been notified and the kitchen was not

available. Fortunately the school kitchen was not in use and Mr. Keith Udall, Principal of the St. Johns High School and Mrs. LaVon Thurber, Home Economics Teacher, gave us permission to use the High School kitchen. Those present at the meeting were Helen Minyard, Sanders; Loretta Minyard, Navajo; Mildred McDonald, Chambers; Eleanor Gorman, Chinle and Oleta Merry, Window Rock.

Since Mrs. Elsie H. Morris, Nutrition Specialist, presented the first meeting in Navajo County, the Agent led the discussion in the leader training meeting following the leaders guide as the leader might in her club meeting.

During the morning the various types of sauce pans were discussed as well as their use and care, especially emphasizing safety factors. The women volunteered to prepare the various recipes in the bulletin made up in the Navajo office "Use Your Pressure Sauce Pan". Several mishaps occurred during the lesson which pointed out the necessity of following the safety directions accompanying the sauce pans. The Agent and Specialist made one test for steam pressure by setting a shiny metal object over the vent to check on condensation. We found that the women were used to waiting until they could see and hear the steam escape, therefore in two or three instances too much steam was allowed to escape and safety plugs were blown out.

In the afternoon session the leaders were asked to decide which part of the lesson they would give back to their club meetings, and then present a short demonstration on something they had learned.

Except for the fact that two of the county clubs were not represented the meeting was very successful.

Agent Presents Two Meetings

Because McNary and Round Valley leaders did not attend the training meeting the Agent presented demonstrations in both communities.

At Round Valley Short Ribs and Indian Pudding were prepared. At McNary Short Ribs, Custard and Indian Pudding were prepared.

There were 15 present at the McNary meeting and five at the Round Valley meeting.

Reports

The Puerco leaders have not yet held a repeat meeting and the Indian Service but have reported on their own work. The Indian Service Agents did not represent organized groups and have not reported on their work. The Round Valley report comes from one homemaker. The following recipes have been prepared.

Short Ribs	9	Vegetable Plates	9
Beef Stew	1	Custard	21
Pinto Beans	5	Indian Pudding	2
		Dried Fruit	9

Mrs. J. V. Sample of McNary reported that 11 women use their pressure

saucepans more often since attending the meetings. Mildred McDonald of Chambers said, "I used to use my saucepan 3 times a week. Now I use it every day and sometimes 2 or 3 times a day."

Evaluation

1. Since most women in the county own pressure saucepans, this meeting proved very popular. They were especially interested in the new recipe ideas presented.
2. Good educational work was done on care and safety factors in pressure cooking but most of the women had already "learned the hard way" with blown out safety valves and scorched vegetables.
3. Information on high altitude cookery supplemented and enlarged that which is mentioned by the manufacturers.
4. Very good reports were received from all communities except the reservation indicating acceptance of the information.

High Altitude Cake

Workshop in Prescott

The Agent spent the last two days of March at a workshop in Prescott on high altitude cake making. The group of four consisted of the Agent, Mrs. Morris, Nutrition Specialist, Miss Lucinda Hughes, Yavapai-Coconino Home Demonstration Agent, and Mrs. Lurene Walton, Public Service Home Advisor, tested recipes and designated acceptable recipes which will be published in a new bulletin.

This workshop was very helpful to the Agent since she often receives requests for information on high altitude baking.

NUTRITION

Plentiful Foods Letter

A list of Plentiful Foods is sent out each month to the mailing list.

Purpose

1. To assist homemakers in planning menus.
2. To suggest money-saving food bargains.
3. To offer bulletins which instruct in buying and preparing plentiful foods.

Method

The U.S.D.A. list of plentiful foods is sent out at the beginning of each month to the mailing list of Homemaker Club members, L.D.S. Relief Society Officers and other cooperators. Approximately 250 women are reached in Apache County by this letter.

This information for the letter comes from the U.S.D.A. via the Extension Information office. It is written as a news article and very few changes are made other than to add a cartoon and change the format to letter style. Sometimes this same information is printed in the agent's column but the local newspaper cannot be depended upon to print the information when it is current.

Evaluation

The Agent hears very little comment on the letter now because the women take it more or less for granted. Mrs. Esther Dial of St. Johns recently mentioned that she received the letter and used it to buy foods to place in her food locker.

Whenever bulletins are listed in the letter several requests are usually received which is an indication of interest.

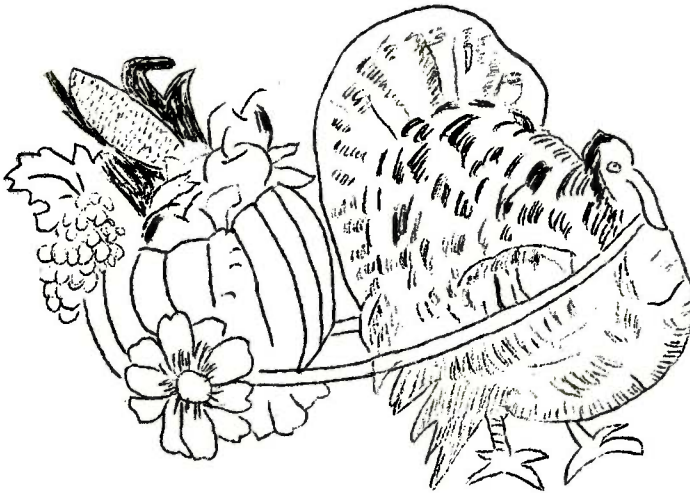
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

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University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Apache County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

October 30, 1954



Dear Homemaker:

Beef, turkey and eggs lead the list of November plentiful foods as Arizona homemakers move into the first part of the holiday season beginning with Halloween.

For the next two months, families all over the state will buy more food than at any other time of the year. And, Mom rolls up her sleeves to turn out some "plain and fancy festive eating" for the family.

For some "taste tempting" dinners this month look to roasts, hams and turkeys. They promise plenty of delicious, economical eating. Those of you who prefer chicken can count on more broilers and fryers in the markets.

A good supply of eggs opens the way to lots of cakes, cookies and breads for the menu. Along with the eggs, dried prunes and dates, almonds, walnuts and filberts are also expected to be in good supply. That's the cue for some of those delicious fruit cakes and cookies that make such a hit, Mom.

Other plentiful for the month include pork, dairy products, rice, dry beans, frozen fish, shrimp, and good supplies of vegetable shortenings and salad oils. So, it won't be hard to plan some tempting menus this month that not only stay in the budget, but will add plenty of mouth-watering variety to your meals.

Sincerely yours,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

FOOD PRESERVATION AND STORAGE

Pressure Canner Clinic Held at Eagar

11 attend clinic on July 23.

Purpose

1. To teach principles of pressure canning.
2. To stress safety factors in using pressure canners.
3. To teach necessity of adjusting processing pressure for altitude.
4. To teach care of the pressure canner.

Method

Miss Jean Stewart, State Home Demonstration Leader and Miss Rachel Reitzel, Itinerant Agent assisted the Agent in planning and directing a pressure cooker clinic which was held in Eagar on July 23rd.

Mrs. Waity Hall was general chairman of the meeting and gave announcement concerning the clinic at the Relief Society meetings. The meeting was held in the LDS Recreation Hall at Eagar. 11 women and one little boy were in attendance and 19 lids were tested.

After registering at the clinic the women were shown how to clean the safety valves and petcocks of their pressure lids. The directions on this followed very closely the University of Arizona bulletin "Take Care of Your Pressure Canner." The gages were then tested against the master gage, and corrections for the altitude were printed in India ink on the cover and preserved with shellac.

The women were then invited to look over the supply of bulletins pertaining to canning and other types of food preservation. 35 bulletins were given out at this meeting.

Those attending the meeting were: Waity Hall, General Chairman, Rosie Hall, Elizabeth Colter, Dora Slade, Kate Lund, Rebecca Butler, Bonnie Burk, Pearl Burk, Roselda Wilkins, and Kay Hamblin all of Eagar, and Vera LeSueur of Springerville.

Evaluation

The women in the county have come to expect meetings of this type each year in or near their community. Last year the Agent was untrained and lacked time to carry this project and many comments and questions were received on the possibility of holding clinics.

The meeting at Round Valley was well attended which indicates the women are aware of the necessity for accurate gauges in this high altitude county. Care of the canners and the safety principles are not so well known because almost all safety valves had to be scoured and occasionally parts needed replacement due to corrosion.

This service should be offered every year alternating communities.

CLOTHING

Making Better Dresses

About 20 women in Apache County participated in the Better Dress Project this spring. 15 completed Better Dresses.

Purpose

1. To encourage the "ready-made" look in clothes through tailoring details and better fit.
2. To follow-up Pattern Alteration project of 1953 by actually making dresses.

Method

Special interest groups of fifteen or less women enrolled in Chambers, McNary, and Eagar in Apache County. The clothing leaders of the Home-maker Clubs and a special community chairman in Eagar organized the meetings and meeting place. The Clothing Specialist, Miss Helen L. Church worked with pilot groups in two communities in Navajo County while the Agent observed and assisted. The Agent took the lessons to the groups in Apache County. An Achievement Day planned for May 26 will show the accomplishments of the women in the project.

At the first meeting the Agent showed slides to illustrate how to shrink and straighten cloth and how to lay a pattern on the grain line.

At the second meeting in the series, the women were asked to come with their patterns laid on their material ready to cut. With the exception of two women in McNary, no one had made alterations or laid the pattern on the material. Due to this fact the lessons were increased from three to four.

At the second meeting the Agent discussed: (1) checking pattern measurements, (2) straightening material, (3) making material, (4) inter-facing, (5) stay-stitching. Only a few of the women were able to get to the stay-stitching step before the end of the second meeting. For homework, the women were asked to sew permanent seams of their garment, machine baste the side and shoulder seams and finish the edges of smaller pieces.

At the third meeting of the course, the Agent demonstrated fitting, how to make bound buttonholes, and how to join the waist and skirt together using seam tape. The women were allowed approximately two weeks to complete homework. In most cases this work was not done. At the last meeting the Agent demonstrated how to set in a sleeve, how to put in a zipper, how to make a belt, how to cover a buckle, and how to put in a hem in a skirt.

Approximately 20 women participated in the course in three communities. 15 women completed a Better Dress plus two others who were assisted by club members. 39 other garments have been made using methods learned in

the project. 16 women passed on some new method to others not enrolled.

Seven women from Apache County participated in the Achievement Day.

Evaluation

1. This project was well received in McNary and Eagar but interest lagged at Sanders. Some requests were received from St. Johns women but the Agent did not have time in the spring schedule to permit the lesson.
2. Many women have requested further construction courses.
3. This type of project is difficult to hold because it takes so much time and requires homework between meetings.
4. The record of 56 garments made is a good total for this county.

Pattern Alteration Project Held in Eagar

The Round Valley Homemakers were very interested in participating in the Better Dress Project so the Agent encouraged them to learn Pattern Alteration first. This Pattern Alteration project was carried in the two counties in 1953. Nine women completed this project in two lessons at the home of Larna Eagar in Eagar. Those participating were: Larna Eagar, Elizabeth Colter, Janice LeForce, Rosie Hall, Waity Hall, Roselda Wilkins, Faye McAllister, Helen Young and Lucille Greenwood.

HOME FURNISHINGS

Three Meetings on Color Schemes Held in County

33 women in McNary, Eagar, and Sanders attended demonstrations presented by the Home Management Specialist and the Agent.

Purpose

1. To learn that attractive surroundings need not cost money.
2. To learn the principle of good taste.
3. To learn to talk the "language" of color.
4. To learn that the use of color is a gift.

Method

This Color Scheme project and the Room Arrangement project were second choice at Program Planning Day last year. The first request for "Lampshade Making" was cancelled by the Agent as being too difficult and time consuming for both leaders and club women.

It was decided that the Home Management Specialist, Miss Grace Ryan, would present method demonstrations to two clubs and the Agent would repeat them for the other organizations. The Sanders group in Apache County was selected for the first Color Schemes meeting. The Agent presented the lesson to the Round Valley and McNary Clubs. The Pine-top Homemakers from Navajo County met with the McNary women for the demonstration.

At the meetings the goals were outlined and then the women were asked to volunteer their color "problems". Then the words that describe color, such as Tint, Tone, Shade, and Value were explained briefly. The basic Art principles of Harmony, Proportion, Emphasis, Balance and Rhythm were outlined and Emphasis, Balance and Harmony were selected as pertaining especially to color. Next, using color wheels, the types of color schemes were illustrated and then translated with cloth samples of rugs and draperies.

The modern method of decorating was explained as the "Mathematical" scheme. $\frac{3}{4}$ of the chief color is used plus $\frac{1}{4}$ of accent or $\frac{1}{8}$ each of 2 contrasts. $\frac{3}{4}$ of any room is ceiling, walls, and floors. Women who have trouble using color were advised to choose "earth colors" for this $\frac{3}{4}$ of their rooms. Earth colors would be browns, greens and perhaps blue, suggesting sky. Use of these colors was demonstrated with fabric samples and illustrated with pictures.

The psychological value of color was explained briefly and it was suggested that women use cool colors on the sunny side of the house and warm colors in gloomy spots.

The women were then asked to judge two rings of color schemes selected for bed rooms. One was for the room of teenage girl, the other a room planned from a painting. The number of correct judgements was very encouraging.

Only one partial report from Sanders was totaled. Five women who attended the meeting made color plans for a room. Two changed one color item in a room. Two used color planning for a new home. Two made other home decoration changes or plans because of this lesson.

Mrs. Rans Spurlock of Navajo said the information presented gave her ideas on how to decorate using Indian rugs and ornaments. Mrs. Helen Minyard of Chambers had intended to paint her living room ceiling a cherry red and use another red color in a chair in the room. She changed her mind about painting her ceiling after the meeting.

Evaluation

1. The response to the meetings was good although the results are too intangible to be reported.
2. Many women commented that they enjoyed the meeting and planned to make a few additions or changes in their home schemes.

HOME FURNISHINGS

Room Arrangement Project

Room Arrangement was selected as a companion project to Color Schemes. A meeting was held at Sanders. The McNary women went over to Pinetop in Navajo County for this meeting.

Purpose

1. To teach the simple principles of good arrangement.
2. Rooms must be arranged to suit the needs of all the family members.
3. Comfort, convenience and easy housekeeping come first in room arrangement.

Method

Clubs were notified of the community meetings through the monthly letter. 13 women attended the Sanders meeting. 12 McNary women went to Pinetop for the lesson.

At the meeting the women were asked to list their problems. They agreed that the problems was arranging what they already have. First the basic principles were explained and illustrated with pictures and scale furniture. The five principles are: Harmony, Porportion, Balance, Rhythm and Emphasis. Proportion, Balance and Rhythm were emphasized as most important in room arrangement.

The women were then divided into two groups to arrange rooms and judge them. The room arrangers used a cardboard model of rooms of the Arizona Experiment Station Farm House at Safford and arranged scaled furniture in it. The second groups judged the arrangements and the first group defended their arrangements while the Agent guided the discussion.

Evaluation

1. The meetings were held too late in the year to have reports returned.
2. The method demonstration presentation relieved leaders of responsibility for a difficult demonstration.
3. This type of meeting also provided the Agent with an opportunity to become better acquainted with the Homemaker Club members.

COMMUNITY LIFE

Household Pest Control

Household Pest Control meetings were held in two communities in June and October.

Purpose

1. To learn newest methods to control destructive and disease carrying household pests.
2. For the Extension Service to learn which of the recommended practices were most successful.

Method

The Pest Control Project was requested at Program Planning Day last year but in the spring when the Agent contacted local leaders they stated they felt there was no real problem in this area. The community leaders, Mrs. Jessie Beasley of Chambers and Mrs. Eula Mae Sample of McNary, notified women in each town about the meetings. 8 attended the meeting in McNary and 10 attended the Chambers meeting.

Mrs. Juanita Kavena of Keams Canyon on the Hopi Reservation, brought two Indian leaders with her. They planned to repeat the information at the Hopi Homemaker Club meetings.

The Entomology Specialist, Dr. J. N. Roney, conducted the meetings. Dr. Roney followed very closely the household pest bulletin and discussed and demonstrated their control. In the course of the meetings the women admitted difficulties with several types of insects, especially flies, cockroaches, ants, silverfish and moths.

Meetings were held again the end of October to check on the results. The attendance at the meetings was smaller but the Specialist was able to find out how his recommendations succeeded.

Only 5 women reported on their project work. Mrs. Loretta Minyard of Navajo reported that she tried to control flies, red ants and small black ants with a DDT-pyrethrum bomb and with 5% Chlordane dust. She said that she now has fewer flies in the house and fewer ant hills in the yard.

Mildred McDonald of Chambers had a problem with clothes moths and used paradichlorobenzene crystals to control them. She stated, "I need to use the products more often for better control."

Mrs. J. V. Sample and Mrs. Willard Thomas of McNary killed clothes moths with one application of the paradichlorobenzene crystals.

Mrs. Jessie Beasley of Chambers said that she had fewer bugs, moths and mice than ever before.

Evaluation

1. There seemed to be a greater problem with control of household

pests ~~than~~ the women at first realized. All reported that the demonstration answered their problems with pest control or that if they had trouble it was because they did not follow exact directions.

2. Through requests of both County Agents and the homemakers, local stores are now carrying more of the recommended insecticides.
3. The demonstration showed homemakers how to use insecticides without danger to children and pets.

COMMUNITY LIFE

Apache County Fair

The Apache County Fair becomes a little better organized every year. There is participation from all communities including the Navajo Reservation.

Purpose

1. The County Fair shows the activities and homemaking projects carried on by local women.
2. There is an educational value in that articles are judged according to standard score cards.
3. There is a social value in the fair when women from all parts of the county meet and work together.

Method

As usual the Agent did not take a major part in the Apache County Fair. Contact was made in the spring with the Fair Commission and suggestions on the home economics division of the fair were made. One suggestion made was to appoint a McNary representative in order to work this out-lying community into the county activities. The lumber mill sent an exhibit but no fair entries were received this year.

Mrs. Roy Naegle again accepted the chairmanship of the womens division. The Agent contacted her early in the month to plan for newspaper publicity especially. We hoped to receive exhibits and start judging a little earlier than the previous year. Although the newspaper was not cooperative along this line, exhibits did come in when requested and judging began on Thursday evening.

Mrs. Naegle secured High School Home Economics students to help her in receiving and tagging exhibits. Since the Agent was busy at the leader training meeting she was not available for consultation, and it is hoped that this situation will be remedied during the next year.

The State Leader had suggested that we begin to train lay people to judge at fairs and following this policy Mrs. Ned Webb 4-H Foods Leader was asked to judge with Mrs. Elsie Morris, Extension Nutritionist. Mrs. Eldred Jarvis 4-H Clothing Leader agreed to judge the clothing with Mrs. Isabell Pace, Home Demonstration Agent for Maricopa County.

The foods judging commenced at approximately 9:30 on Thursday evening when baked goods were judged. Mrs. Morris commented on the general excellance of the pie exhibits. She thought that the county women should be especially commended on sending so many pies worthy of blue ribbons had the judging been done on the Danish system.

The next day was devoted to judging food preservation and clothing and household articles. There was considerable competition in foods within peach and pear canning, and in clothing among squaw dresses. Mrs. Naegle obtained permission from Mr. Ove Overson Fair Commissioner to award two blue, two red and two white ribbons to squaw dresses.

A State Fair representative awarded special ribbons for excellance in pears to Ann Beaker, Springerville; Marjorie Sherwood, St. Johns and Bertha A. Waite, St. Johns, and in the clothing exhibit to Mrs. Naegle's blue ribbon squaw dress. Mrs. Naegle was photographed in her dress by an Arizona Farmer representative and this picture was printed in the October 9 addition of the Arizona Farmer. Mrs. Naegle entered her dress in the State Fair Special Squaw Dress Contest.

The Agent has written up suggestions for improvements in next year's fair.

Evaluation

1. The Fair this year was greatly expanded over last year indicating greater interest.
2. The premium lists need to be revised to include more articles commonly made by the county women.
3. The Junior section planned by the County Agent and Mrs. Ned Webb was not successful because the premiums did not equal the adult money awards. Many high school girls preferred to compete with the adults.
4. The 4-H leaders received valuable training when they judged with Mrs. Morris and Mrs. Pace.
5. More women from other sections of the county should be asked to help out with tagging, etc. This is now a "St. Johns" Fair.
6. The educational value of the Fair should be emphasized with more score cards on display, the public allowed to watch judging and perhaps some educational exhibits set up.

Summary of 4-H Project Work in Home Economics

The foods project work in Apache County has been outstanding for several years due to the leadership of Mrs. Ned Webb of St. Johns. She has the enthusiasm to spark interest in the children and leaders. The clothing work is weak in St. Johns but stronger in other communities.

Training for leaders in this county has been insufficient to promote good leadership. This year one good training meeting in foods was conducted by the Extension Nutritionist with only one leader absent.

A clothing leader training meeting was cancelled.

It would strengthen the program if the County Agent and Home Demonstration Agent could plan meetings such as Program Planning and Officer Training together. More time should be spent on all phases of 4-H Club work in the spring.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

August 1, 1954

AN AIM FOR THE HOMEMAKER

To have the home
Economically sound,
Mechanically convenient,
Physically healthful,
Morally wholesome,

Mentally stimulating,
Artistically satisfying,
Socially responsible,
Spiritually inspiring,
Founded upon mutual af-
fection and respect.

---Lita Bane

Dear Homemaker:

Here it is August already and time to start planning for our 1955 Extension program. This month your Homemaker Club program is concerned with planning for next year. This is your chance to tell your county delegates just what projects you would like to see in next year's program.

As you read this letter jot down your ideas and bring the letter to your club meeting. If you can't get to your local meeting, send your ideas along with a friend. We want this 1955 program to represent the majority not the minority. If your delegates don't know what you want, they're likely to vote in a club program of their own.

Better yet, come to County Program Planning Day yourself! It will be held September 27 in Holbrook.

Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs

PROBLEMS WE HAVE COVERED 1951-1954

1951	1952	1953	1954
<u>Foods</u> Better Breakfasts Preparation of Food for freezing <u>Home Management</u> Color in Home Re-upholstering Furniture Proper Lighting Laundering Blankets <u>Community Projects, etc.</u> Emotional Development of Children Control of Brucellosis Fly Control	<u>Foods</u> Spending Food Dollar Frozen Food Pressure Cooker Clinics <u>Home Management</u> Living Room Clinic Money Management <u>Clothing</u> Buying Clothing Mending	<u>Foods</u> Freezing Foods Your Money's Worth in Food <u>Home Management</u> Your Kitchen as a Workshop Improved Home Lighting <u>Clothing</u> Pattern Alteration <u>Others</u> Child Care Landscaping	<u>Foods</u> Use of Broiler and Pressure Saucepan Pressure Cooker Clinics <u>Home Management</u> Color Schemes Room Arrangement <u>Clothing</u> Making Better Dresses Sewing Machine Clinics <u>Community</u> Pest Control Public Health Nurse

HIGH INTEREST SUBJECTS AT 1953 PROGRAM PLANNING DAY

How to Buy and Prepare Meat	Ready-Made Look in Clothes	Homemakers Part in Civil Defense (Red Cross Home Nursing)
Housecleaning Methods	Wood Finishing	

What Do You Want to Know About
Food Preparation and Nutrition?



1. How about your food habits? Are you among the best fed mothers? Are the food habits of adolescent girls in your county good?
2. Are school children getting balanced lunches?
3. Is your home milk supply pasteurized?
4. Is overweight a problem; is underweight a problem in your community?
5. Are you interested in learning the nutritive value of foods? How many calories, how much protein, how much calcium, vitamin C and B vitamins are needed every day for health?
6. Do all homemakers in your community buy only enriched flour and bread products or products made with 100% whole wheat?
7. Do you have problems baking cakes and bread at high altitudes?
8. Are you using time-saving equipment such as pressure sauce pans, broilers, and well cookers?
9. Are you buying meats by grade? Do you prepare the less tender cuts and lower grades of meat so that your family enjoys eating them?
10. Is it time for a pressure canner clinic? How long since pressure gauges were checked?
11. Is entertaining guests at home fun or a burden?

Jot down other ideas here

1.

2.

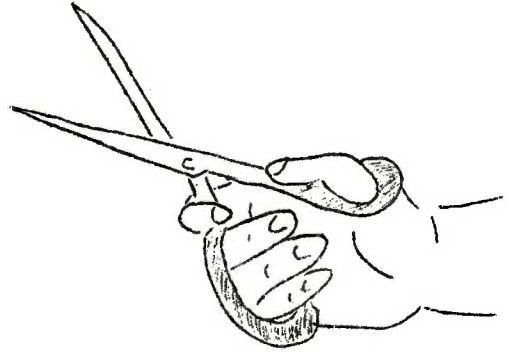
3.

4.

What Are Your Clothing Problems?

Buymanship:

1. Do you know what and where to look for good construction in ready-to-wear?
2. What specific garments present problems when you buy?
3. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?



Construction:

1. What's your major difficulty when making your own clothing?
2. What is your problem in sewing for others in your family?
3. Are you interested in saving time when sewing?
4. As you look at ready made clothing, what techniques, do you wish you could do?

Health and Comfort:

1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Are house dresses comfortable that you make? Do they give you comfort as you work?
3. Can you purchase comfortable foundation garments?
4. Good grooming can be had for little money and helps to make you well-dressed. Do you have best grooming habits?

Equipment:

1. Do you know how to clean your sewing machine?
2. Do you make best use of your machine? That is, do you know how to use many simple attachments?
3. Do you know how to press different kinds of fabrics?

Do You Have Other Problems?

- 1.
- 2.
- 3.

Are You a Queen



Interested In Better Ways to Work?

1. To be a good homemaker which should be your strongest points:

Housekeeping ability?
Handling the family well?
Good Personality?
Managerial ability?

2. Does your home need new, efficient small tools? When you buy them do you wish for types that are kind to YOU?
3. How about fatigue? Can you solve it?
4. Can you do something about the jobs you dislike around the house?
5. What is your greatest difficulty - Time? Strength? Equipment?

Do You Have Money Problems?

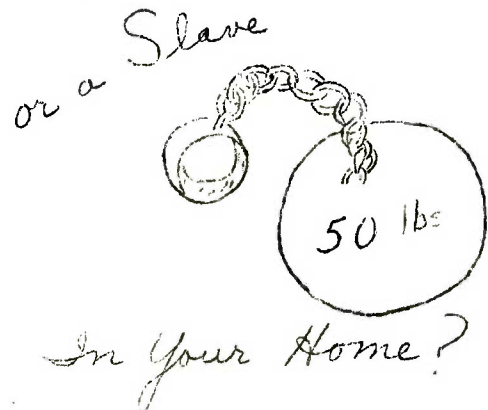
1. If money gets scarce this year, where is the best place for you to tighten up family spending?
2. Would a spending plan help?
3. Can a smart salesman talk you out of a good, still-usable piece of equipment and into a new one you don't need?

What About House Furnishings?

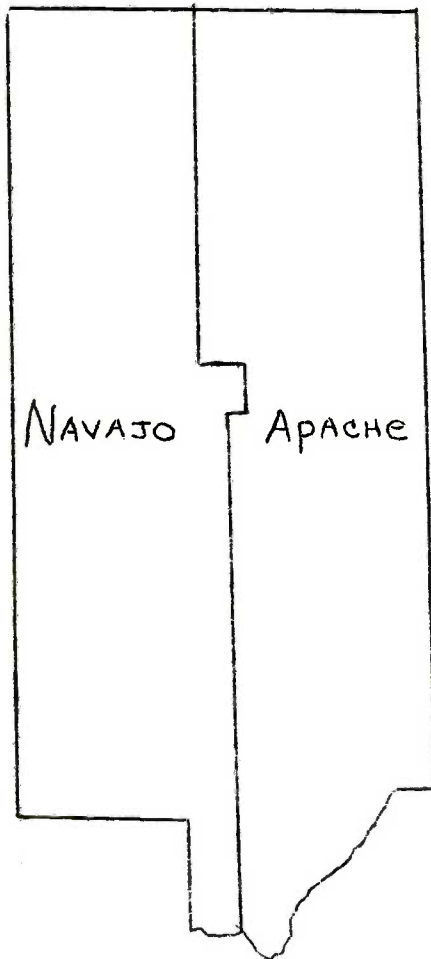
1. What needs attention in your house - Walls? Floors? Windows?
2. What family home crafts and skills could be used to improve the house?
3. Do family or "people" come first in furnishing plans?
4. Do you find the new house furnishing fabrics and surfaces a buymanship problem?

Any Other Ideas?

- 1.
- 2.
- 3.



A Club or County Program in Health, Safety and Community Living



Need of a Public Health Nurse (Our Board of Supervisors did not appropriate funds for 1954-55 despite your efforts)

Conservation of our National Forests

Child Guidance

Homemaker participation in Civil Defense

Homemaker participation in the Red Cross
Blood Program

Cleanup Campaign

Hospital Sewing

Are the newcomers in your community attending
your homemakers' meetings?

Preventing accidents in the home

Playgrounds for the children

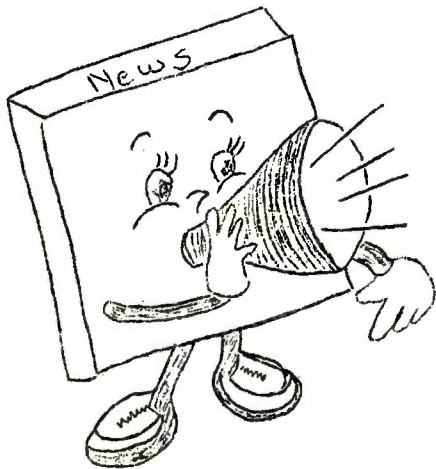
What the United Nations means to you

* * * * *

Presidents: Let me know when and where you plan to hold your program planning meeting. I'll try to be there.

Project Leaders: We hope you will use this letter and your "trend" sheet in guiding the discussion in your field at your club meeting. Jot down all the ideas - don't let one person talk too much. Let your vote at County Program Planning Day really represent your community.

L.D.S. Relief Society Leaders: Your 1954-55 Relief Society lessons are mostly concerned with buying and caring for household equipment. Would Extension Service Leader Training meetings help you present your lessons? Come to County Program Planning Day and vote for the 1955 program.



NEWS BRIEFS

State Fair Demonstrations: Homemaker Clubs are invited to give demonstrations at State Fair. If your club is interested get in touch with me as soon as possible.

4-H Events: 4-H Camp in Prescott will be held from August 9-14. 4-H Leaders' Conference will be August 24-28. I will attend both events so please plan your club meetings around these dates.

Leader Training Meeting: "Use of the Broiler and Pressure Saucepan will be the leader training meeting for September - immediately following the Navajo County Fair. Homemaker Club Presidents - be sure to report how many members own broilers and pressure saucepans. See enclosed card.

County Fairs: Navajo County Fair dates are September 10, 11, and 12. Apache County dates are September 18 and 19. I hope each of you will exhibit this year - especially your Better Dresses. Contact me if you need a premium list.

- - - - -

ARE YOU CANNING THIS SUMMER?

Send for these bulletins-

Home Canning of Meat

Home Canning of Fruits and Vegetables

Why Not Make Sauerkraut?

Take Care of Your Pressure Canner

Home-made Jellies, Jams and Preserves

Plan Your Storage Space (for canned goods)



Sincerely,

Anne B. Shute

Anne B. Shute
Home Demonstration Agent

ABS:rs